



# Mary Washington Hospital

Thank you for choosing Mary Washington Hospital Diabetes Self-Management Education and Support Services located in Cosner's Corner Office Park, 4710 Spotsylvania Parkway, Suite 200, Fredericksburg, VA 22407.

Please arrive 10 minutes prior to your scheduled time.

\*We request a minimum of 24-hour notice if you must cancel or reschedule your appointment.

Please fill out the Health History enclosed and bring it to your first appointment. As a courtesy, Mary Washington Hospital will bill your insurance company for your diabetes education.

### **We request that you:**

- Bring your completed Health History form.
- Be prepared to show your insurance card.
- Bring your blood sugar meter and logbook if you currently are checking your blood sugars. You do not need to buy a meter if you do not already have one. We will assist you with that process.
- Please feel free to bring a guest (spouse, friend, family member).
- Remember there is no need to fast before this appointment.

Our health care team of diabetes experts is committed to helping you and your family develop the skills, knowledge and confidence to control diabetes. Mary Washington Hospital Diabetes Self-Management Education and Support Services has earned the American Diabetes Association Recognition for quality patient education. Directions to our office are located on the reverse side of this letter.

If you have any questions, please feel free to contact us at 540.741.2210.

Daniell McKiver  
Operations Manager

### **Our educators:**

Stefanie Rekdal, RD, DCES, CPT  
Laura Eubanks, RD, DCES, CPT  
Jody Long, MS, RD, DCES

Parminder Singh, BSN, RN, DCES  
Courtney Wilkerson, BSN, RN

Rev.102/2020

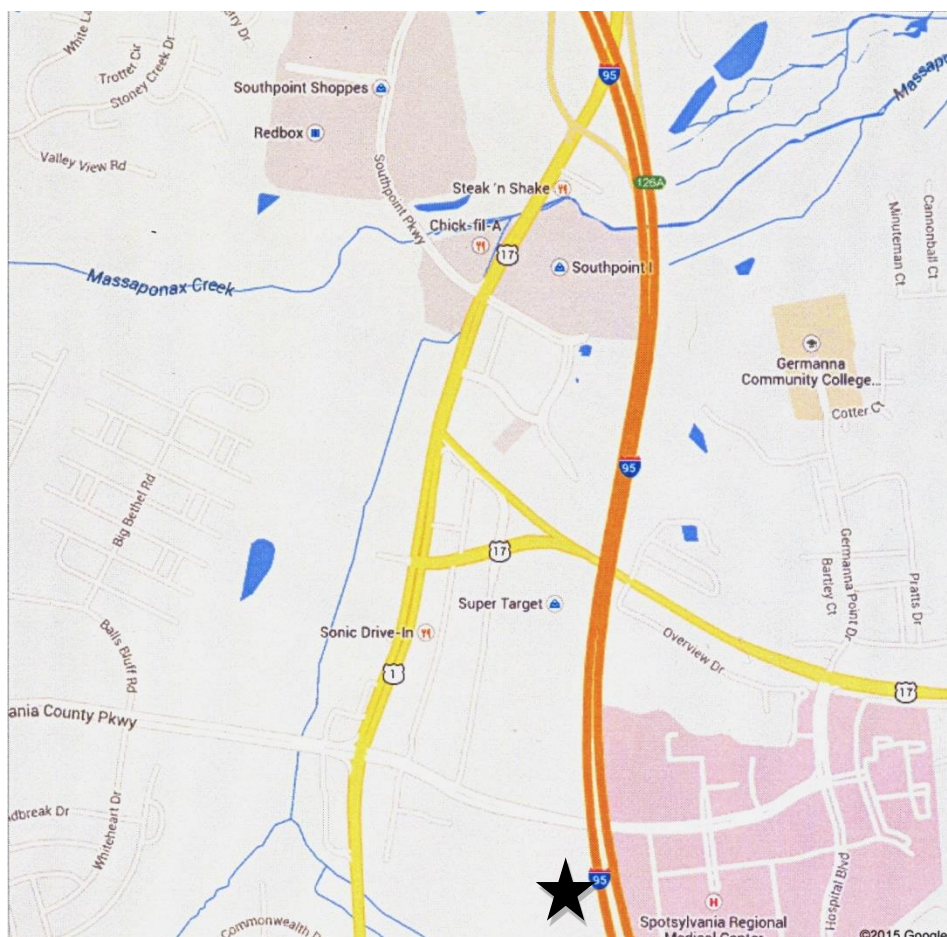
# Directions to: Diabetes Management

4710 Spotsylvania Parkway, Suite 200  
Fredericksburg, VA, 22407  
540.741.2210

**From Interstate 95 South**, take exit 126-Spotsylvania, Turn right onto Route 1 South. Go approximately 1 mile. Turn left onto Spotsylvania Parkway (there will be a CVS on your right-hand side). Go approximately 0.4 mile. Our location will be on your right-hand side immediately after you pass Jo-Ann Fabrics and Craft store. Look for Cosner's Corner Office Park. Come around to the front of the building. We are located on 2<sup>nd</sup> floor, turning right and right again after elevator

**From Interstate 95 North**, take exit 126 B onto Rt 1 South. Follow directions listed above.

**From Rt VA 2/US 17 (New Post)** Take US 17 N towards Rt 1, drive 5 miles. Turn left onto Hospital Boulevard, drive 0.2 miles. Turn right onto Spotsylvania Parkway. Cross over I-95 and make a U-turn. Our location will be on your right-hand side immediately after you pass Jo-Ann Fabrics and Craft store. Look for Cosner's Corner Office Park. Come around to the front of the building. We are located on 2<sup>nd</sup> floor, turning right and right again after elevator.



**Demographic Information**

Email address:

Sharing your email address allows us to communicate with you regarding your treatment plan and upcoming diabetes events.

Home Phone:

Cell Phone:

Sex:  Male  Female

Work Phone:

Occupation:

Marital Status:  S  M  W  D

Name of Referring Physician:

Name of Family Physician:

**General Medical Information**

Are you allergic to any **sulfa** medications?

Yes  No  Unknown

Do you have any known **food** allergies?

No  If Yes, please list:

Are you aware of the complications that may develop when you have diabetes?  Yes  No

**Please mark if you have or have had any of the following:**

Thyroid Disease  Yes  No

Heart Disease  Yes  No

High Blood Pressure  Yes  No

High Cholesterol/Triglycerides  Yes  No

Eye/Vision problems  Yes  No

Date of last eye exam: \_\_\_\_\_

Kidney problems  Yes  No

Bladder problems  Yes  No

Dental/Mouth problems  Yes  No

Date of last dental exam: \_\_\_\_\_

Liver disease  Yes  No

Foot problems  Yes  No

Do you check your feet daily?  Yes  No

Circulation problems  Yes  No

Numbness or pain in hands, feet, or legs  Yes  No

Difficulty with sexual function  Yes  No

Slowed stomach emptying  Yes  No

Stroke  Yes  No

Depression  Yes  No

Treatment: \_\_\_\_\_

Have you ever been told you have sleep apnea?  Yes  No

If yes, do you use a CPAP/BiPAP machine?  Yes  No

If female, do you use contraception?  Yes  No

If yes, what type? \_\_\_\_\_

Please list any other illnesses not mentioned above: \_\_\_\_\_

Please list any significant surgical history: \_\_\_\_\_

**Have you experienced episodes of:**

High blood sugar (250 or more) occurs about \_\_\_\_\_ times a week/month/year

Low blood sugar (70 or less) occurs about \_\_\_\_\_ times a week/month/year

Hospitalization due to diabetes occurs about \_\_\_\_\_ times a year

**Diabetes History**

Type:  Type 1  Gestational  
 Type 2  Unsure

Date of Diabetes Diagnosis:

How did you learn you have diabetes?


\*RN3890\*



**Outpatient Diabetes Health History Record**

FR-1184-MWHC Rev. 6/2020

PATIENT IDENTIFICATION  
1 1/4" X 3"

Treatment: <input type="checkbox"/> Diet/Exercise <input type="checkbox"/> Oral (pills) <input type="checkbox"/> Injectable Meds		Name and Dose of <b>Diabetes</b> Medication(s)		Side Effects
Do you monitor blood sugars? <input type="checkbox"/> Yes <input type="checkbox"/> No		Which meter or CGM?	How often/time of day?	Usual readings?
Do you have a family history of diabetes? <input type="checkbox"/> Mother <input type="checkbox"/> Father <input type="checkbox"/> Siblings <input type="checkbox"/> Other			Time lost from work or school in the past year due to diabetes? <input type="checkbox"/> Yes <input type="checkbox"/> No   How many days? _____	
<b>Pain Assessment</b>				
Do you have any chronic pain? <input type="checkbox"/> Yes <input type="checkbox"/> No		If yes, where located?	Duration of pain?	Any treatment?
How would you rate the pain?    1 2 3 4 5 6 7 8 9 10    (10 is the worst and 1 is the least)				
<b>Physical Activity Habits</b>				
Intentional Exercise or Activity? <input type="checkbox"/> Yes <input type="checkbox"/> No		Type:	Duration: _____ minutes/day, _____ days/week	
<b>Education History</b>				
Highest level of education completed <input type="checkbox"/> Grade School <input type="checkbox"/> High School <input type="checkbox"/> College		Problem with learning? <input type="checkbox"/> Yes <input type="checkbox"/> No	If Yes, Describe:	
Have you had any diabetes education before? <input type="checkbox"/> Yes <input type="checkbox"/> No		If yes, when and where?	Did friend/family participate? <input type="checkbox"/> Yes <input type="checkbox"/> No	
<b>Social History</b>				
Do you smoke, vape or chew tobacco? <input type="checkbox"/> Yes <input type="checkbox"/> No		If yes, what type and how much?	Are you interested in smoking cessation? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Do you drink alcohol? <input type="checkbox"/> Yes <input type="checkbox"/> No		If yes, what type?	If yes, how much?	
How many people live in your home?		What are their relationships to you?		
Do you use community resources? (example: Health Department, Rappahannock Community Services Board) <input type="checkbox"/> Yes <input type="checkbox"/> No    List: _____			Do you get a yearly flu shot? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you ever had a pneumonia shot? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you had the Hepatitis B shots? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Within the past 12 months, I/we worried whether my food would run out before I/we got money to buy more. <input type="checkbox"/> Yes <input type="checkbox"/> No Within the past 12 months, the food I/we bought just didn't last and I/we didn't have money to get more. <input type="checkbox"/> Yes <input type="checkbox"/> No				
Do you have any special cultural needs? <input type="checkbox"/> No <input type="checkbox"/> If Yes, please list:				
Do you feel you have adequate support to manage your diabetes? <input type="checkbox"/> Yes <input type="checkbox"/> No				
On average, how many hours of sleep do you get?    Weekdays _____    Weekends _____				
Check which apply to you: <input type="checkbox"/> Trouble Falling Asleep <input type="checkbox"/> Difficulty Staying Asleep <input type="checkbox"/> Not Feeling Rested				
<b>Health Belief/Goals/Attitudes</b>				
Feelings about your health and diabetes?				
Do you feel: Diabetes is serious? <input type="checkbox"/> Yes <input type="checkbox"/> No			Do you feel: You can control your diabetes? <input type="checkbox"/> Yes <input type="checkbox"/> No	
I want to learn more about: <input type="checkbox"/> Diet <input type="checkbox"/> Exercise <input type="checkbox"/> Preventing complications <input type="checkbox"/> Stress Management <input type="checkbox"/> Blood sugar testing <input type="checkbox"/> Tests to take regularly and target values <input type="checkbox"/> Other: _____				
<b>For office use only:</b> The above information has been reviewed and learning needs have been identified.				
Diabetes Educator _____			Date _____	
 <b>Mary Washington Healthcare</b>			<b>PATIENT IDENTIFICATION</b> 1 1/4" X 3"	
<b>*RN3890*</b> <b>Outpatient Diabetes Health History Record</b> FR-1184-MWHC Rev. 6/2020			Page 2 of 2	